

BOOST YOUR  
FITNESS + MENTAL  
WELLBEING

COMMUNITY  
FITNESS  
EVENT

# MENTAL HEALTH BOOTCAMP

11/10/2025

Saturday 11 am-1:30 pm  
Wylie Park Kaiapoi



\$5 DONATION TO PARTICIPATE IN BOOTCAMP  
WITH ALL DONATIONS GOING  
TOWARDS 'TOP UP TOGETHER'

*To register for the  
bootcamp, scan the QR  
code*



HOSTED BY SNAP FITNESS KAIAPPOI